

The 13-year-old – A teenager in the house

Being a parent in Kungälv

As a parent or an important adult, you are an important figure in your child's life. Being a parent brings a lot of joy, but as a child grows up, every parent will face problems and challenges in their daily lives in different ways. You are able to deal with most of these yourself. But everyone may at some point need advice, support and guidance in their parenting.

Kungälv municipality provides various types of parenting support throughout your child's life.

The 13-year-old – A teenager in the house

Adolescence is the period when a person goes from being a child to an adult. The teenager is trying to figure out who they are and how they would like to be. As a parent, you need to be there to support them in their search for an identity.

You are still very important to your child. They develop together with you. This means, among other things, that you need to be interested in the world they're living in and take part in it. You need to provide security and emotional closeness, even if your relationship changes as your teenager becomes more independent.

The teenager is in secondary school and moving on in life

Starting secondary school is a big deal for many children. This often means starting a new school, getting new teachers and several new classmates. There will be much more demands for self-reliance in secondary school. Feel free to offer help with their school work and remember that even if a parent isn't able to help with a particular school assignment, it's still important that they are showing interest. Parents' attitudes towards school work and school in general will affect their child's performance at school. Parents talking positively about school to their children will also help their well-being at school.

Children's Wellness Wheel

To help your child grow well and be happy and healthy, they first and foremost need love and warmth from you. They also need your guidance, daily routines, and clear rules that keep them safe.



■ Safe and supportive boundaries

■ Guidance and routines in everyday life

■ Love and warmth as a solid foundation

Love and warmth

It's not always easy to show love and warmth when your teenager is acting up and challenging you, but it's important to be there and to stay grounded in the midst of an emotional storm. Your love is important even now, when your teenager is trying to break away. You can show your love at this stage of their life by, for example, cooking their favorite food or making sure that their favorite sweater is washed. You can also listen to their thoughts and concerns and set aside time to hang out together on the couch. Maintaining good contact with your child and spending time with them is of course valuable in itself, but it's also necessary for resolving any problems and conflicts. Being curious about your child's life and taking part in it can be a great experience.

When parents show interest and listen, teenagers are more likely to share their own thoughts and experiences. Try to seize the moment when you see your teenager and take a break in whatever you're doing to show that you are interested in what's going on in their life. Try to listen without interrupting as this can lead to more good conversations in the future. If your teenager feels understood and listened to, it could lead to better and deeper conversations later on, even about topics that can be difficult to talk about.

Guidance and routines in everyday life

Stress has become increasingly common among young people. Some teenagers need help in prioritizing different parts of their life. Parents can help their teenager think about balancing life between:

Relationships – including family relationships, friendships and love relationships

Health – physical activity, good nutrition and sleep

Education/work – well-being at school, school studies and homework, their development and future

Leisure – activities, friends, interests, community involvement, spirituality and nature.

Keeping a balance between these elements also means that all of them need to be included. Some teenagers need to do more, others less, and some need to approach these parts differently to feel good. It's recommended to check this balance with your own teenager.

Safe and supportive boundary setting

Parenting teenagers can be both fun and scary, as they are about to go out into the world and try out their newly gained independence. We want their journey to adulthood to be both calm and stable, but there's always something that happens along the way there, but remember that things usually turn out well despite this. Teenagers make mistakes, it's part of life. That's how they learn to become adults.

Many teenagers long for the freedom to do what they want, and as a parent you can help them in that freedom. You can help your teenager understand that freedom also comes with responsibilities. By making agreements with your teenager about boundaries, it will make it easier to follow up and discuss any issues that can come along the way. If your teenager shows that they can take responsibility, you can give them more liberties accordingly. If their freedom is abused, they will need to step down and prove that they can be responsible again. This shared give and take is part of being a parent of a teenager.

Your child can decide on some things on their own, while other things need to be decided together. What these other things are is up to you to decide as a parent. It can be a good idea to do this together with the parents of your teenage child's friends, to make everything clear and to avoid the trap of thinking that everyone else gets their way and so on. This will avoid unnecessary fights and make it easier for you to stand by your decisions as a parent.

Where to go for more support

All of the following services can book an interpreter if necessary.

Familjehuset Klippan

Familjehuset Klippan is a clinic for children and young people aged 6–18 and parents who need support.

Phone: 0303-37 97 87 <https://familjehusetklippan.se/>

Föräldragrupp ABC-Tonår

The parent group for those with a teenage child. The aim of ABC-Tonår is to strengthen the relationship between parents and their teenage child. As a parent, you are the most important figure in your teenage child's life.

Phone: 0703-88 59 21

Familjerådgivningen

If you and your partner need support in your relationship, the family counselling service (Familjerådgivningen) can help you with counselling.

Phone: 0303-23 91 00 <https://www.kungalv.se/omsorg--hjalp/stod-till-familjen/familjeradgivning/>

Fältarna

These outreach workers are outside among our teenagers in the evenings and at weekends to keep everyone safe.

Telephone: 0702-31 98 45 (available from 17.00) E-mail: faltassistenterna@kungalv.se

Krismottagningen

In cases of domestic violence, help is available through the crisis center Krismottagningen.

Phone: 0303-23 90 70 or 0303-23 90 71

<https://www.kungalv.se/omsorg--hjalp/stod-vid-kris/krismottagning-vald-i-nara-relation/>

Mini-Maria

Mini-Maria is for people in Kungälv aged 13–21 who have problems with alcohol or other drugs, or with gambling. Parents are also welcome here. Phone 010 - 4415090 [Mini-Maria Kungälv - 1177](https://www.kungalv.se/omsorg--hjalp/stod-vid-kris/krismottagning-vald-i-nara-relation/)

Support groups

BiFF - Barn i föräldrars fokus is a training course for divorced parents.

Skilda världar is a group activity for children with divorced parents.

Trappansamtal is a support service for children and young people who have seen and experienced violence.

Phone 0725-77 69 01 Email: stodgruppsverksamhet@kungalv.se

Ungdomsmottagningen UMO (Youth Guidance Center)

Visiting Address: Älvebacken 1, Kungälv (Kongahälla center)

Drop-in Mondays 15–17.30 and Thursdays 14–15. Phone: 010-473 38 70

Central reception

The municipality's entry point for all types of cases involving the social services for both individual and family matters (e.g. child or adult concerns).

Phone: 0303-239377

Barn och ungdomspsykiatri (BUP) – En väg in

"A way in" is a contact center of the child and adolescent psychiatry which aims to help children and young people with mental health problems find the right care.

The phone number for A way in (En väg in) is 010-435 86 50. Telephone opening hours are weekdays 8:00-16:30